Start the conversation with teens about emergency contraception & birth control.

**Ready**

- Get clear (and reassure youth) that their parents *don’t* have to know.
- Be aware of your own discomfort and figure out what will help you go forward with confidence.
- Be aware that teens often feel judged about their decisions around sexuality and birth control (especially, a teen mom).
- Get comfortable with the information. Get to know the most common kinds of stealth birth control and their risk of detection.
- Understand how emergency contraception works and how it prevents pregnancy.
- Get clear that all forms of Plan B (Levonorgestrel) are available without prescription or restrictions online or on store shelves.

**Set**

- Your conversation doesn’t have to take on all the things about sex and reproduction!
- Prepare for the conversation so that you don’t ask too many questions. Focus on your care and interest for the young person.
- Try starting the conversation with:
  - “Just so you know, I tell everyone we work with that we have emergency contraception, pregnancy tests, and condoms on hand…”
  - “We have all sorts of resources available at our program like school supplies, information about community resources, emergency contraception, condoms, and pregnancy tests.”
  - “I’m so glad you came to me.”

**Go**

- Be direct and comfortable.
- Embrace the opportunity to connect. It’s ok to laugh at yourself and not know everything! You’re in it together.
- Get to the heart of the conversation with:
  - “Hey, would you like to know more about birth control options and emergency contraception?”
  - “Did you know there is birth control you can get without your parent’s permission?”
  - “Do you know about hidden forms of birth control? Maybe you can tell your friends even if you don’t need it.”
  - “Do you have a form of contraception that you’re comfortable with?”

WSCADV, 2015

For more information check out: wscadv.org, bedsider.org, and plannedparenthood.org

*In 2015, WSCADV asked teens how we should talk about emergency contraception and birth control. This is what they said.*